

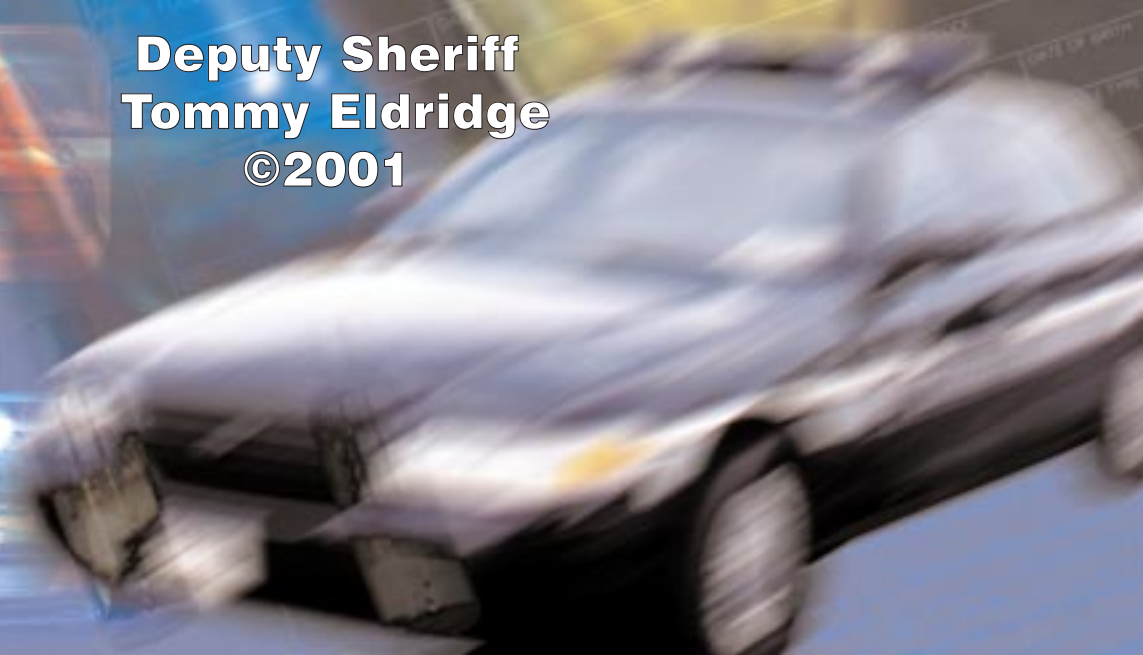
# **Neshoba County Sheriff's Department's Drug and Alcohol Abuse Prevention Workbook**

## **"What You Don't Know Can Kill You"**

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# Preface

As law enforcement professionals, we here at the Neshoba County Sheriff's Department care deeply for the young people of our county. With this in mind, we set out to develop our own drug and alcohol prevention program. What this program consists of is personally reaching out to the youth in this county to inform them of the dangers of drugs and alcohol. Drug and alcohol abuse is a problem worldwide and Neshoba County is no exception to that fact. Every drug, found anywhere else in the world, has been found in Neshoba County at some point or another. While we have had great success making drug arrests, serving search warrants, confiscating and destroying drugs, and getting prison convictions for these offenses, this is not enough. We only win half a battle when we do these things because we have only temporarily cut the supply of drugs in our county. We must also strive to cut the demand if we are ever to really win the war on drugs here in our county. It is our deepest hope that the information provided in this booklet and the personal contact we have with our youth while presenting this program will help us better serve the citizens of this county by reducing the demand.

Kids of these days and times have been barraged with program upon program on how to deal with the issues of drug and alcohol abuse. These programs have been good programs from the D.A.R.E. program to the older "Just Say No" campaign. Young people today are intelligent enough to make the right decisions if they know the facts. This program will give young people the facts without the cartoon characters and sugarcoating so they will know the reasons to not get involved with drugs.

Law enforcement cannot ever hope to win the war on drugs unless we get more players on our team. We need the help of parents, grandparents, teachers, community and church leaders, and kids to ever hope to win the fight. If you have any questions, comments, or information, please call the Sheriff's Department at 656-1414; all conversations will be kept in the utmost of confidence.



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# Alcohol

## What you need to know:

- Alcohol is a drug classified as a depressant
- Alcohol, like all depressants, slows or impairs coordination, mental ability, and judgment
- In 1999, 15,794 people were killed in alcohol related crashes, which equals about 2 people every hour<sup>1</sup>



*DUI related accident*

- Roughly half of all fatal car accidents involve drinking drivers
- Traffic accidents involving alcohol are 9 times more likely to result in a fatality
- Research shows that from 10:00 pm Friday until 2:00 am Saturday, 10% of drivers on the road are above the legal limit of .10 blood alcohol content
- On a typical weekend night, 1 out of 7 people leaving bars or other drinking establishments are intoxicated
- In Mississippi we have a 'Zero Tolerance' law for minors making it illegal for any person under the age of 21 to drive with a blood alcohol content of .02-blood alcohol content<sup>2</sup>, this is nearly equal to the amount of alcohol found in one drink
- Juveniles (those younger than 21) will lose their license for 90 days on the first offense and fined \$250.00; the second conviction leads to a \$500.00 fine and a license suspension for one year; on the third conviction, the license will be suspended until the offender is 21 or for 2 years (which ever is longer), fined up to \$1000.00 and will have to complete a drug and alcohol treatment program
- Juveniles who register a blood alcohol content of .08 or greater will be treated as an adult, meaning a loss of license, and at least two days of jail on the first offense and a fine of up to \$1000.00
- A second or third DUI conviction in a 5 year period will get the offender up to one year jail time on the 2nd conviction and up to 5 years on the 3rd along with losing ones car and license for that amount of time
- If while driving intoxicated, the driver has an accident that kills or hurts someone, he/she can be charged with a felony and may be sentenced to up to 25 years in prison.





# Marijuana

## What you need to know:



Confiscated marijuana

- Marijuana is thought of as a depressant and mild hallucinogenic.
- Being a depressant, it has many of the same effects as alcohol on coordination and judgment.
- Marijuana is often involved in traffic fatalities, just like alcohol and is punishable by the same penalties of driving under the Influence of a controlled substance.
- Marijuana is not a harmless drug. It destroys the nerve endings of the brain, causes acute brain syndrome (disorientation, confusion, and memory impairment) acute toxic psychosis (paranoia, bizarre behavior, panic reactions, and violence) and amotivational syndrome (the loss of motivation, memory, and slowing of reaction time).
- In the early 60s the average THC content was .25%, now, it is nearly 100 times stronger at 24.2%, meaning marijuana is more dangerous now than ever.
- Possession of less than one ounce of marijuana could result in jail time up to 90 days and a fine of up to \$1000.00.
- Any sale (or giving away) of marijuana is a felony; even selling one joint is punishable by up to 3 years in prison and fines of \$3,000.00.
- Sale of more than one ounce for a first time offender can result in up to 20 years in prison and a fine of up to \$30,000.00, the second offense can be up to 30 years in prison and a fine of up to \$1,000,000.00.
- The first offense for sale of one kilogram or more can result in 30 years in prison and up to \$1,000,000.00 in fines.
- These penalties can be enhanced up to double the previous amounts if:
  - One is selling (or giving away) a controlled substance within 1,500 feet of a building (or 1,000 feet of the real property) which is a school, church, park, ball field, youth center, or movie theater<sup>3</sup>
  - A person 21 or over gives or sells a controlled substance to an individual under the age of 21<sup>4</sup>
  - Any person who has been previously convicted under any state or federal narcotics offense<sup>5</sup>
  - Any person who has in his possession any firearm either at the time of the commission of the offense or at the time any arrest is made<sup>6</sup>



Common paraphenalia includes rolling papers



# Cocaine and Crack

## What you need to know:



*Cocaine and various paraphernalia*

- Cocaine and crack (a smokeable mixture of powder cocaine and baking soda) are both powerful stimulants.
- Cocaine, like all stimulants, speeds up the central nervous system.
- Cocaine and crack are both highly addictive and both can kill even a first time user.
- Both cocaine and crack can cause panic behavior, paranoia, hallucinations, insomnia, and anxiety.



*Crack "rocks" shown with paperclip for size reference*

- People under the influence of cocaine or crack can be unpredictable and violent.
- Being highly addictive drugs, cocaine and crack can result in serious financial problems to support the drug addiction.
- Both can result in serious birth defects.
- Possession of any amount over one-tenth of a gram is a felony.<sup>7</sup>
- Possession of even an amount that small is punishable by up to 4 years in prison and fines up to \$10,000.00.
- Sale (or giving away) of an amount even that small (one-tenth of a gram) is a felony punishable with up to 30 years in prison and fines up to \$1,000,000.00.<sup>8</sup>
- One gram is a little less than the weight of a penny; one-tenth would be 9 times less than that.



*Partial "cookie" of crack*



*Powder cocaine*



*Seized kilos of cocaine*



# Crystal Methamphetamine

Crystal Methamphetamine is a growing problem nationwide and one that is on the rise here in Neshoba County. Crystal Methamphetamine (which from here on out will be referred to as just 'meth') is literally consuming the United States. Reasons why include the fact that anyone can make meth relatively cheap with common household products and over the counter cold medication; it is highly addictive and cheap, compared to other drugs. Meth is dangerous during every point of its production and use. Meth labs can be found anywhere from an old barn, to a car, to a house, to a mini-storage building. Labs are all explosive and dangerous to the environment.

## ***So what exactly is Crystal Methamphetamine?***

Meth is classified as a stimulant, just like cocaine and crack. It has very similar effects on the body as those drugs. Crystal Methamphetamine has the street names of ice, speed, crank, crystal, and just meth.

## ***What is used to make meth?***

This is not designed to inform young people on how to produce meth, but young people do need to know what all they are putting into their bodies if they do decide to use it. Here is a partial list of commonly used ingredients.

- Hydrochloric acid
- Drain cleaner
- Freon (used in cooling devices)
- Ether (or starting fluid)
- Paint stripper



## ***Who would put that into their body?***

One would really be surprised. Meth has touched every level of society. Though it was originally associated with truckers and motorcycle gangs, meth has moved up. In Neshoba County, Meth has destroyed the lives of people who had very respectable positions in society. It touches the lives of teenagers and adults the same. Below is a letter written by a meth addict, by the way, she is only 19:

*As I read some of the letters on this site, I could relate. I am a meth addict. I cannot function without it. I am 19 years old and although I only tried meth for the first time six months ago I am hooked. At the present time I have been sober for almost a week and it has been hell. I cannot do anything but sleep, and if I'm not asleep I am eating. My whole body feels as if I've been hit by a train and I have no drive to do anything and all I can think of is how I want more meth. The only reason that I have stopped is that I am at the end of my reach, I am completely busted broke. I have spent thousands of dollars on this drug, have been kicked out of university, lost my apartment and am now staying on a friend's parents couch. The reason I am writing this letter is to let people know that this drug is bad, even though it might not seem so to you. I have lost everything. Do you want to?*

*--Sarah<sup>9</sup>*





If that is not enough, this letter was submitted by another 19 year old who became an addict at the age of 15:

*Hi, I'm 19 years old and I have been using crystal meth off and on for about four years. The purpose of this letter is to roughly describe the experience of a user like myself. I was introduced to meth by my boss, at that time I was working on the street department in my city, I was part a youth outreach program. Well, my boss was a Vietnam vet and he picked up meth during that time. Him and I hit it off very well and one thing lead to another and we ended up "tweeking", ever since then I have been using meth. The first five months I really got into it, I was doing like more than a 20 per day! I would go for two, three and sometimes four days taking meth non-stop. I was so a custom to the up's and downs of the drug that I named them the "cycles of tweeking". The first day and night are the best because you feel like you are on top of the world The second day I had to take more in the morning ( I called it my breakfast) just to keep ahead of the dreaded "come down". My come downs where real bad do to the fact that I have been taking massive amounts of meth. Taking that morning dose on the second day meant I was going to be up all day and it also meant that I had to take more in the night to keep ahead of the come down. But, the second night was always the most difficult because I need to take a huge amount for meth just for it to have affect. The down side is that if one takes too much at one time one begins to see and hear things. For this reason alone I was dead scared of night if I was amped up. I will not describe what I saw on those nights but I believe it would have rivaled a Steven King novel. The sad part of it was that ether way I was the loser. If I did not take that dose in the night I would go through intense depression, to the point of crying and even attempting to take my life. The funny thing was that after I have gotten over these feelings of guilt and self pity ( it took a couple of days) I would do it again. This went on for five months and just like that I stopped for more than a one year. I know it sounds unbelievable that I stopped for that long but I did. As of now I still use meth but not in the same amounts as I did before. I only take meth when I need to study. I know that it is still bad but I believe that I am better of now then four years ago. Thank you for your time.*

*--CR.<sup>10</sup>*

**If you do not learn anything else from this booklet, do understand that Crystal Methamphetamine is one of the most dangerous and addictive drugs in Neshoba County. It has been said that Death is not the most serious side effect of using meth; meaning perhaps one would be better off dead than addicted.**





# Designer or Club Drugs

## *What are designer or club Drugs?*

One of the newest risks for the youth of this country, including the youth of Neshoba County, is designer or club drugs. Designer drug refers to any drug which is man made. Club drug refers to drugs that are popular among youth at clubs and especially, rave parties.

## *What makes Designer or club drugs dangerous?*

Designer and club drugs are dangerous for many reasons.

- Most are new, and there is no long term research about their effects.
- Being man made, levels of purity can vary widely, and what is sold as one drug, could be something completely different
- It is a common misconception by young people that these pills, liquids, or papers are harmless.
- As some are fairly new, young people, parents and even police are sometimes unable to recognize these drugs.
- Some of these drugs can lead to sexual assault and/or death.

Lets take a closer look at some different designer or club drugs....

## MDMA

### *What is MDMA?*

MDMA is commonly referred to as Ecstasy. It is a mixture of Amphetamines (stimulants) and Hallucinogenics (drugs that distort the senses). It has the street names of X, XTC, Adam, and E. MDMA is most often in pill form which is usually imprinted with different logos such as C/K (the Calvin Klein® logo), four leaf clovers, the NIKE® swoosh, the number 420, butterflies, lightning bolts, and just about any innocent looking imprint. It is often transported like candy in Pez® dispensers, candy necklaces, "sweet tarts", or any other similar candy.

### *Why do people take Ecstasy?*

The chemical serotonin in the brain is responsible for making people feel good and plays a role in memory. MDMA makes the brain secrete this chemical all at once causing euphoria (happiness or high).<sup>11</sup>

### *What are the effects of Ecstasy on the Body?*

MDMA's effects last for approximately four to six hours depending on the dosage.<sup>12</sup> The "high" from ecstasy is followed by a long period of depression due to the fact that your body has used up its "feel good" enzyme, serotonin. Research shows that this lack of serotonin can last up to two weeks from just the first use of "X".<sup>11</sup> Since there is little research at this point about the long-term effects of MDMA use, it is not clear as to where prolonged use can permanently deplete the body's supply of serotonin.



Ecstasy users, because of the amphetamines used to make "X", are restless and unable to sit still. This uncontrollable restlessness makes the ecstasy user's body temperature skyrocket and causes dehydration. "X" can also cause heart failure, seizures and heat stroke. Emergency Room visits have risen drastically in the past 6 years for MDMA related incidents from 70 in 1993 to 2,850 in 1999.<sup>14</sup>

Below is a letter describing such an incident by a 16 year old:

*I am 16 years old and I live in a suburban town. I have been doing drugs now for about a year. I first tried marijuana and soon moved to L.S.D and Mushrooms. I didn't really enjoy these that much so, I stayed away from them and drugs all together pretty much, until one day when my father was away for a week. I had a few friends over and one of my friends had ecstasy and was selling it very cheap, or so I thought. I was just thinking money when I bought them, so I sold a few. It got to the point where I had earned my money back from the initial investment and had 2 pills remaining. A long time friend was over and he insisted we try them since it isn't costing me anything anyways. So we did and I loved every second of it. It felt like my life had been wasted until this time; I had so much self confidence. But of course whatever goes up must come down and I came down like never before. I cried myself to sleep thinking of all the bad things I had done in my life with the assurance that I would make things better for myself. When I woke up the next morning I could barely walk. My head felt like it was in a vice and I walked around like a zombie all day. I did not know then, but realize it was from dehydration. Before the awful comedown the next day, I decided to stay away from ecstasy.*

*I went to a "Rave" with a few friends and one of my friends had about an ounce of meth to sell. My friend boasted about how much money there was to be made and she had plenty for us if we wanted to try. I said no, but my long time friend that was with me on my ecstasy trip, accepted the offer and he did his first "Bump". The whole way down he kept doing more and more. I asked him why he felt the need to do more and more, and he said, "The more I do, the more alive I feel." I shook my head and turned away. He was irritated by my movement and he started to yell and scream about how I shouldn't tell him how to live his life. I apologized, for the sake of our friendship, and went back to staring out the window. At the party he had been dancing all night and I was kind of looking out for him to drink water and such because of my bad experience with ecstasy and he assured me he had been drinking plenty of water. Needless to say he passed out from exhaustion and was rushed to a hospital. On the way to the hospital I went with him. I had never seen him like this; he was so pale and lifeless, his legs shaking uncontrollably he had trouble speaking. He managed to look me in the eye and he said, "I'm sorry". A few minutes later he died in the ambulance from dehydration and heart failure. His body temperature was so high when he died that it remained high for several hours after his death. Through investigating they found 6 1/2 grams of meth...he was a first time user!!!!!! Why wasn't he more careful? Please don't make the same mistake...don't do it once!*

*--J.S<sup>13</sup>*



Ecstasy hidden in candy necklace



Ecstasy hidden in Pez® dispenser

MDMA is a schedule I narcotic. Its penalties for possession and sale vary from up to 30 years and a fine up to \$1,000,000.00 for sale and up to the same for possession depending on the amount.<sup>15</sup>





# GHB

## ***What is GHB?***



*GHB hidden in child's bubbles*

GHB or Gamma hydroxy butyrate is a central nervous system depressant, which was originally used by bodybuilders, who believed it made the body secrete the growth hormone.<sup>16</sup> It has many street names such as: Georgia Home Boy, Grievous Bodily Harm, Scoop, Liquid Ecstasy, Salty Water, Aminos, and Blue Monster, just to name a few. GHB was named a federally controlled substance on March 13, 2000 under the "Hillory J. Farias and Samantha Reid Date-Rape Drug Prohibition Act of 2000." GHB and its analogs, chemicals that turn into GHB when taken into the body, are still sold illegally on the internet. It can be found under several different names including: Blue Nitro, Remforce, Renewtrient, Firewater, and the list goes on. These are gradually being taken off the market as well. Regardless of the brand name, GHB is basically furniture or floor stripper. GHB is a thick, salty tasting liquid, which is usually, drank by the capful or put in alcoholic drinks to mask the taste.

## ***What are the Dangers of GHB?***

GHB effects everyone differently. An amount that may make a 120 pound woman feel slightly intoxicated may put a 220 pound male in a coma. There is no rhyme or reason as to who GHB affects adversely. Since being placed on the Federal Controlled Substance act in March of this past year, at least 165 deaths have been accounted to GHB. Most experts feel that this number is a horrible underestimated because of the lack of knowledge of the public, health officials, and law enforcement has on the drug. Few emergency room personnel even know to look for the drug and this is hampered by the fact that GHB leaves the body very quickly.

Another danger of GHB is false information that is being given to young people through the internet and other young people. It is widely believed by young people that GHB is harmless. Many young people die because of the belief that one can "sleep off" the effects of GHB. Several have died in clubs throughout the United States of GHB overdoses while others let them "sleep it off." If someone has taken an overdose, which the amount of is not currently known, call 911 immediately. Do not leave an overdose victim alone to "sleep it off." There is no antidote for a GHB overdose; the victim needs life support.

## ***What are the effects of GHB?***

While effects vary from person to person, here it a list of possibilities:

- Vomiting
- Shallow Breathing
- High level of intoxication
- No gag reflex



*Brand of GHB prior to illegalization*





- Effects come and go (one minute the user is near coma, then fully alert, then near coma again)
- Seizures and Convulsions
- Coma and/or Death

Below is one users' account of their GHB experience:

*I myself had a horrible experience with GHB. My deepest feeling go out to the families of those who didn't make it !.... If it wasn't for my friends, I probably wouldn't be here today.. I've only tried this drug once before and it didn't do much. Well, here's my story years after. While at a bridge party in NYC, I encounter someone giving out GHB... I didn't make much of it and took two caps of it... what the [heck] I've tried it before and it was ok!!! WRONG - BIG MISTAKE. I went into convulsions, I was breathing 4 beats per minute. I don't know how I survived. While everyone was fighting on what to do with me my life was slipping away.. finally after arguments between party promoters who just wanted to leave me somewhere to sleep it off.. my friends decided to call 911 instead!! I'm so grateful they chose to give the finger to them.... It was a matter of minutes and it would of been all over for me. My career my love for life and my goals for the future.. not to mention leaving behind people I love so much... IT WOULD OF BEEN SUCH A STUPID MISTAKE...*

*I write this because if someone reads this they might just pass on that offer!!! it's a dumb drug that kills>>>*

*Much love & respect to all  
M<sup>17</sup>*

GHB has even more dangers. One of the most detestable is its use in date rape. GHB causes memory loss and a level of semi-consciousness. Because of these effects, it is often slipped into the drink of an unsuspecting victim. In her work, "GHB: Old Drug, New Tricks", Trinka Porrata, a leading expert in club drugs and retired narcotics investigator with the Los Angeles Police Department, tells one account of such activity.

*"The Los Angeles County Sheriff's Department recently successfully prosecuted a Lawndale party disc jockey and two accomplices for drugging and raping ten women and poisoning six others (knocking out their dates, in some cases). The primary suspect was found guilty on 44 counts; the second suspect was guilty on seven of 15 counts; and the third worked a deal. The primary suspect was then sentenced to 77 years. Photographs depicting sex between the men and unconscious women were found in the disc jockey's van. The victims in this case were enticed into drinking unusual mixed drinks (such as the "Oatmeal Cookie" drink) as a method of covering up the unpleasant, salty taste associated with GHB. Some victims noted nothing unusual about the taste of the drinks; some reported it tasted bad or salty; and one stated that it burned (probably indicating a very high PH level in that batch). GHB was identified in margarita salt. It*



Large amount of GHB hidden in windshield washer fluid



*should be noted that there were no positive toxicology tests in this case partly because sexual assault kits at that time did not include urine (they do now for all of Los Angeles County) and partly because of the time factor (victims reporting beyond the possible time limit of 12 hours for getting a GHB positive)"<sup>18</sup>*

Another account can be found in this letter submitted by a young girl who chose to remain anonymous:

*My experience with GHB was a very frightening one. My best friend and I were given GHB in a vodka cooler by two 'friends'. Ten minutes after taking the drink, we were both unconscious. An hour later, our mothers were called by our 'friends', who left after they made the phone call. Our mothers came to the beach where we were, and found us lying face down in the sand. They thought that we were dead, and we almost were. The paramedics were called, and after some time they revived me, but could not revive my friend. Were taken to the hospital where my best friend was put into the ICU of the hospital. I was released early the next morning. Later blood tests revealed that we had both suffered a GHB overdose, and that they had not raped me, but had raped my friend. Our case is still under investigation, and my friend and I are doing much better after a lot of counseling. I would just like to warn every girl out there to be on your guard with guys that you don't know very well, and never take a drink from someone you don't know. GHB is a very dangerous drug, and I hope that people will start to realize that soon, because I and many others could be dead right now because of it."<sup>19</sup>*

## LSD

### **What is LSD?**

LSD, lysergic acid diethylamide, is one of the most widely known and used hallucinogens. It is most commonly referred to as acid. Acid is sold on the street in pill form, gel-tabs, liquid, and most commonly on small pieces of paper called blotter paper.

### **Why is LSD used?**

LSD is popular with young people because it causes the senses to become distorted. The receptors in the brain, which are responsible for our senses, do not function properly when LSD is taken. It causes the brain's receptors to "crossfire" meaning one on an acid "trip" may see sounds and hear colors.



LSD size comparison

### **What makes LSD dangerous?**

- LSD has very unpredictable effects on individual users. The amount taken, the user's expectations, the user's surroundings, and purity of the drug can all alter the drug's effects. LSD users' moods will vary widely and change rapidly. People on LSD can



have "bad" trips believing they see horrible visions that can cause panic reactions.

- Another danger of LSD is that of flashbacks. Flashbacks are like taking the drug all over again. They often come on without warning after one has used LSD. It may be a few days after the first trip or over a year.
- LSD can also cause personality disorders after use. These disorders can vary from severe depression to schizophrenia. Both mental illnesses can lead to being unable to function in society.<sup>20</sup>

# Flunitrazepam

## *What is Flunitrazepam?*

Flunitrazepam is the chemical most widely known as the brand name Rohypnol or the date rape drug. It has the street names of Roofies, Roches, Ropies, The Forget me Pill, and Ruffies. It is a very powerful sedative.

What one needs to know about Rohypnol.

- Rohypnol is the most often used drug in instances of date rape.
- It causes "retrograde amnesia," making the victim unable to recall details of the attack or the attack itself.
- Victims of date rape associated with Rohypnol can sometimes see the attack they are victim to in an "out of body experience" type manner.
- Victims are unable to fight off the attack.
- It is most often in a white tablet form with the word Roche imprinted on it and an "I" in a circle.
- Rohypnol is usually crushed and slipped into a victim's drink, just like GHB.
- It is illegal in the United States, but often used for "conscious surgery" in other countries.<sup>21</sup>



There are several ways to protect oneself from date rape.

- Learn what 'date rape' drugs look like. If they are seen at a party, leave immediately and call the local law enforcement agency.
- Party using the buddy system. Check in with friends often.
- Even if one is not drinking alcohol, never take a drink from another person that one does not know. Keep one's drink with oneself at all times.
- If a drink smells or tastes strange, do not drink it.<sup>22</sup>
- If one feels that they have been given any drug, go to the emergency room immediately.





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